

# Border Eagle

Vol. 52, No. 2

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Jan. 16, 2004

## DoD resumes anthrax shots

By **Gerry J. Gilmore**  
*American Forces Press Service*

WASHINGTON – A federal judge ruled Jan. 7 that the Defense Department could again legally administer anthrax immunizations to servicemembers.

Military commanders “should immediately resume the anthrax vaccination program,” wrote Dr. David S.C. Chu, DoD personnel chief, in a department-wide memorandum.

“Laughlin has the vaccine in stock, and is currently administering the shot when people are due according to the immunizations database,” said Staff Sgt. Valerie Burkett, 47th Aeromedical-Dental Squadron immunizations specialist.

See **Anthrax**, page 5



Photo by Tech. Sgt. Anthony Hill

### Which way now?

**Airman 1st Class Dustin McCabe, 47th Operations Support Squadron air traffic controller, rounds a corner in a tricycle race during Dormworld's Wacky Olympics Saturday. Dormworld puts the two enlisted dormitories into competition in such events as volunteering, bowling, dorm decorating and a puzzle contest. The overall winner will be announced next week.**

## Tax season easier with on-base help

By **1st Lt. Kay Hasson**  
*47th Flying Training Wing Legal Office*

With tax season just around the corner, the Laughlin Tax Center will open Jan. 26 to assist in the preparation and filing of basic tax returns and to provide legal assistance if needed.

Along with the tax center staff there will be 21 Volunteer Income Tax Assistance representatives from various squadrons throughout the base.

These 21 VITA representatives

have completed the Internal Revenue Service-conducted training and are there to assist customers.

The Laughlin Tax Center is open to help active-duty and retired military members and their eligible dependents. This year the center is open to government-service, wage-grade and nonappropriated-funds employees.

The Laughlin Tax Center is limited to individual income tax assistance. Advice or assistance to anyone owning a private business or a partnership is not available.

The VITA representatives will provide assistance with income tax preparation to determine tax liability and can electronically file returns. By filing electronically people may receive any refund more quickly than if filed by mail. People may also arrange to have any tax owed transferred directly from their bank account to the IRS.

Individuals will be best served if they bring all paperwork and informa-

See **Center**, page 4

### Newsline

#### Phone system shuts down

The base telephone system will be turned off for a hardware/software upgrade from midnight to 8 a.m. Saturday.

All DSN and base telephone service will be inoperative during this period. Emergency 911 will be fully operation from base housing and any commercial telephone numbers on base. Security Forces, fire department and civil engineering job control will use cell phone to handle non-emergency calls.

For more information, call 298-5896.

#### Promotion party set

Laughlin's two newest lieutenant colonels would like to invite everyone to a promotion party at 5:30 p.m. today at Club XL. There will be a limited amount of free food and beverages.

#### Medical group to close

The 47th Medical Group will close from 3:30 to 4:30 p.m. Tuesday for a commander's call.

All clinics will be closed and the Nurse Triage Line will not be available. Radiology, the laboratory and the pharmacy will also be closed. The Tricare Service Center will be open. If you have a medical emergency, report to Val Verde Regional Medical Center Emergency Room.

For other care, call (800) 406-2832.

### Mission status

(As of Tuesday)

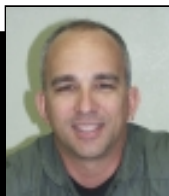
Days behind or ahead:

T-37, -3.00	T-1, 1.80
T-38, 2.00	T-6, -0.20

Mission capable rate:

T-37, 88.4%	T-1, 82.0%
T-38, 78.6%	T-6, 82.3%

## People make Air Force life worth living



### Commander's Corner

By Lt. Col. Jeff Kubiak  
*86th Flying Training Squadron commander*

Like many of us, I have spent my entire adult life in an Air Force uniform.

At several points throughout my career, I've made the decision to stay in the military when offered an opportunity to leave. I have to admit there were occasions when I made the decision to stay without really knowing why.

With a few more years behind me, however, I think I more clearly understand. When weighing the demands of the military lifestyle against the rewards, the rewards won.

The demands placed on individuals and families by the military lifestyle are predominantly external, relatively constant, and easily understood by even those not in the military: hazardous duty, deployments, frequent

moves, and long hours.

The rewards of a military lifestyle change over time. Entering the Air Force with the promise of valuable training and a secure paycheck may be enough to offset the demands of a young career. The long-term rewards, those that keep people re-enlisting tour after tour, are somewhat more subliminal and personal.

The ongoing sense of service to the community and nation is a very powerful reward. However, I think the greatest reward of a military career is the opportunity to cross paths with a tremendous number of really high-quality people. These high-quality people show up in hundreds of different places.

They are in the form of an amazingly human immunization technician who touched so many lives that when he died, there was not a dry eye in the packed chapel during his memorial service.

They are doctors who make house calls to tend to your sick child in the middle of the night.

They are neighbors who come to your house when you are up to your eyes in boxes

to offer a loaf of homemade bread or to watch your children while you continue packing or unpacking your life.

They are people who are there to console you when tragedy strikes and there to help you celebrate life's most special occasions.

At each stop in my Air Force career, my family and I have had our lives vastly improved by people willing to give us the shirts off their backs. In more than 19 years and seven assignments, we have accumulated several lifetimes worth of good friends and good times.

Moving every couple of years is still painful. However, in addition to sincerely missing the friends we have made and are forced to leave, we also have learned to look forward to meeting the great people who will make our next location a home.

I can't imagine what our lives would be like, or who we would be, without the supportive, caring, quality humans we share our lives with. Although we eventually are separated from our new friends, our lives are permanently connected to theirs, and that's an incredibly powerful reward. It's all about the people.

## Intangibles make a world of difference

By Master Sgt. Trae King  
*39th Missions Support Squadron*

INCIRLIK AIR BASE, Turkey – You can't imagine the horror I felt Dec. 16 when I received a call at 4 p.m. saying I needed to get home because my house was on fire. As I hung up the receiver

and rushed out of the building, I could hear fire truck sirens coming from every direction.

My heart was beating fast as I raced from housing. I could only think of the worst-case scenario – my home was completely destroyed or even worse, my 14-year-old daughter was hurt.

As I turned the corner, I saw fire trucks, police cars, an ambulance and people standing around. Feverishly, I drove through the traffic to reach my home. When I arrived, I saw smoke coming out of the front door and all the windows. My heart dropped until I saw my

daughter standing at the neighbor's house covered with soot, but physically unharmed.

After the fire department extinguished the fire, I was allowed to go into the house to see the damage. The stove, surrounding cabinets and appliances were completely destroyed. Black smoke filled the house, covering most of my

See **Family**, page 3

### Border Eagle

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News for the Border Eagle should be submitted to the 47th Flying Training Wing Public Affairs Office, Bldg. 338, Laughlin AFB, TX, 298-5262. **Copy deadline is close of business each Thursday the week prior to publication.**

Advertising should be submitted to the Del Rio News-Herald, 2205 Bedell, Del Rio, TX, 774-4611. Advertising should be submitted by 4 p.m. each Friday.

Submissions can be e-mailed to: **timothy.stein@laughlin.af.mil** or **sheila.johnston@laughlin.af.mil**.



Small, large sacrifices made by many for freedom

Airman reflects on sacrifices made after his first deployment

By Airman 1st Class Christopher Callan  
47th Flying Training Wing chapel assistant

What is sacrifice? What sacrifices are greater than others? What is the ultimate sacrifice?

These are some of the questions that crossed my mind when I recently returned home from my first deployment.

When I first got the news of my "unofficial" orders for deployment in late May, less than three months after I arrived at my first duty station, a variety of thoughts and feelings raced through my mind. I experienced waves of excitement, anxiety, duty, sadness, adventure, fear of

the unknown and others.

As a single, young man, the first sacrifice I experienced was separation from family and friends. The day I left Laughlin was July 2, the same day I was planning to leave for my family reunion in Minnesota, which only happens about once every five or six years.

The first week at the de-ployed setting was very exciting, fresh and new, but very exhausting. The second and third weeks were some of the most difficult periods of homesickness.

By the end of the third week, I had built the relational foundation of my new "deployed family." We were all in the same boat together, and therefore, I relied on others and God for strength, encouragement, friendship and comfort in times of need.

I soon realized I had it pretty easy compared to others. I knew a technical sergeant who

had a wife and four young children he missed dearly. A captain I worked with had a wife and three children who had to deal with a snake in the base-ment of their home, among other hassles and daily trials, without the aid of their husband and father. Another individual lost a loved one during the deploy-ment. Fortunately, this individual was able to go back home in time for the funeral.

I also found out that the civilian contractors at our de-ployed location had a two-year, unaccompanied work contract. I thought I had it bad! And then, to top it off, last month while waiting to board a plane in the Houston airport on my way back from the deployment, I met a couple of young, married Army soldiers. They were on their way home for two weeks of leave with their families after serving in Iraq for eight months. But after

their two weeks of leave, they were heading back to Iraq for four more months, away from their families.

The moral of this story has two parts for me. First, before I start to complain, I need to remember that someone else is probably making a greater sacrifice than I am, and so I should always count my bless-ings before my complaints. Secondly, I should personally thank my family and our civilian contractors on and off base for the sacrifices they make. With-out them, the mission would be much more difficult to accom-plish. The efforts and sacrifices they make on a daily basis are essential to the mission of Team XL, the Air Force, the U.S. Armed Forces, and the principles of freedom, liberty, and justice that this country was founded on.

Let us not forget.

Family, from page 2

furniture, carpets, walls and clothes. Distraught by the damages and potential cost of the repairs, I wondered how I could get my home back in order.

Nine days before Christmas, I found myself living at billeting and my house in shambles.

This is where my Air Force family made the difference.

As a prior career adviser, I know numerous

factors play into an airman's decision to stay or separate from the military. As an 18-year career airman, I realize now that it's not always benefits that motivate people to re-enlist. Air Force intangibles are equally as important and play a big part in our decision.

Within hours, my Air Force family was already coming up with a plan to help my daughter and me restore normalcy in our lives. I received numer-

ous calls from people who wanted to lend a hand, financial assis-tance, words of encour-agement or simply a prayer.

A young airman in my unit took it upon herself to get a card and have others sign and make donations to replace some of my damaged items. This act of kind-ness and concern floored me.

In addition, my super-visor (a first lieutenant) and my flight commander

(a captain) came by dressed in sweats, grabbed some buckets, rags and scrub brushes, and removed some soot from the walls. No big deal you say? Well it was, especially since the captain was scheduled to be at a Christmas party that evening and my supervisor's husband had just returned from a three-month TDY. Every-one in my unit, along with others in the 39th Civil Engineer Squadron played a part and helped

me get my home restored and back in order.

Friends and people in the community offered assistance or provided gifts to restore items lost due to the fire.

Christmas Day, just nine days after the fire, I was able to move back into my home. No benefit the Air Force offers could match the love my Air Force family displayed to me. My co-workers and friends here showed me that people are truly the Air Force's No. 1 asset.



Actionline  
298-5351

Col. Dan Woodward  
47th Flying Training Wing commander

This column is one way to work through problems that haven't been

solved through normal channels. By leaving your name and phone number, you are assured of a timely personal reply. It's also very useful in case more information is needed in order to pursue your inquiry. If you give your name, we will make every attempt to ensure confidentiality when appropriate.

If your question relates to the general interest of the people of Laughlin, the question and answer may also be printed in the Border Eagle.

Before you call the Actionline,

please try to work the problem out through the normal chain of command or directly with the base agency involved.

Thanks for your cooperation, and I look forward to reading some quality ideas and suggestions.

Below are some useful telephone numbers that may be helpful when working your issue with a base agency.

AAFES 298-3176  
Accounting and Finance 298-5204  
Civil Engineer 298-5252  
Civilian Personnel 298-5299

Clinic 298-6311  
Commissary 298-5815  
Dormitory manager 298-5213  
EEO 298-5879  
FWA hotline 298-4170  
Housing 298-5904  
Information line 298-5201  
Legal 298-5172  
MEO 298-5400  
Military Personnel 298-5073  
Public Affairs 298-5988  
Security Forces 298-5900  
Services 298-5810

Center, from page 1

tion that may pertain to their federal income tax return, to include: social security cards for spouses and dependents, along with their dates of birth; all W-2s; Forms 1099, interest and dividend information; day-care provider information, including amounts and tax ID numbers; Forms 1098, mortgage interest statements; and last year’s federal tax return, including any

worksheets.

For those wishing to do their own taxes, they can find most of the necessary forms in the tax center. State tax forms are not available, but the applicable forms and instructions can be downloaded from states’ Web sites.

Individuals are encouraged to take advantage of this opportunity and should schedule appointments and address their tax questions to the appropriate VITA representative listed

below.

The Laughlin Tax Center is located on the second floor of the wing headquarters building. Hours of operation will be 7:30 a.m. to 4:30 p.m. Mondays through Fridays. The center will see people by appointment only. Call 730-1630 to make an appointment.

For more information, call 1st. Lt. Kay Hasson at 298-4858 or Capt. Aniya Dunkley at 298-5172.

Newslines

Health care meeting set

The Health Consumers Advisory Council is meeting at 1 p.m. today in the wing conference room. The meeting is a forum for exchanging information among providers and consumers of health care at Laughlin. For details, call 298-6311.

New Texas street law enforced

A new Texas law gives drivers two options when passing emergency vehicles on the side of the road. It is now mandatory to either vacate the lane closest to an emergency vehicle when driving on a highway with two or more lanes traveling in the emergency vehicle’s direction or; slow down to at least 20 mph below the posted speed limit when the extra lane is not available.

A violation of this law is a misdemeanor and punishable by a fine of up to \$200. If the violation results in property damage or bodily harm, the fine can go up to \$2,000 and 180 days in jail.

Base credit union closes office

The Border Federal Credit Union has closed its office on base due to upcoming demolition of the building it occupied. An ATM will be installed at the new lodging facility within two weeks. A new building is being constructed and is scheduled to be complete in the summer at 563 Liberty Drive.

Relay for Life seeks captains

The Health and Wellness Center is looking for team captains for the American Cancer Society Relay For Life, which is scheduled for April 2 and 3 in Del Rio. For details call 298-6464.

Tricare survey begins Monday

The Tricare Management Activity has contracted with a survey research firm to conduct a telephone survey of Tricare beneficiaries from Monday until Feb. 18.

The survey will gather information about beneficiary information needs, preferred sources and information-seeking strategies. Results will be used to develop a new national suite of beneficiary education products and services.

Tricare wants to assure any concerned beneficiaries of both the legitimacy and importance of the survey.

Volunteer Income Tax Assistance representatives

Squadron	Name	Phone
47th Civil Engineer Squadron	1st Lt. Erik Hanson	298-5247
47th CES	Tech. Sgt. Christopher Ostrom	298-5633
47th Communications Squadron	1st Lt. Cher Jaskowski	298-4331
47th CS	Senior Airman Kevin Balch	298-4199
47th CS	Senior Airman Ryan Faircloth	298-2302
47th Contracting Squadron	Staff Sgt. Victor Tamez	298-4862
47th CONS	Alvin Iversen	298-5119
47th Flying Training Wing staff agencies	1st Lt. Kay Hasson	298-4858
47th FTW/Maintenance Directorate	Arla Brewton	298-5723
47th FTW/MXOO	Gerald Costa Jr.	298-4140
47th FTW/MXMD	Staff. Sgt. Richard Harbert	298-5714
47th Mission Support Squadron	Sabrina Pena	298-7032
47th MSS	Staff Sgt. Angela Putnam	298-4820
47th MSS	Staff Sgt. Rene Sanchez	298-5605
47th Medical Support Squadron	Staff Sgt. Christy Himmighoefer	298-6487
47th Operations Support Squadron	Capt. Jeremy Watts	298-5928
47th OSS	Capt. Gabriel Behr	298-5864
84th Flying Training Squadron	Capt. Kristi Waszak	298-5142
84th FTS	1st Lt. Darci Hutchins	298-4234
85th FTS	1st Lt. Brent Curtis	298-5521
86th FTS	Capt. Nathan Day	298-5170
87th FTS	1st Lt. Jeremy Bergin	298-4243

Pharmacy receives new equipment, modifies operating procedures

By Lt. Col. Susan Baker

47th Medical Support Squadron commander

The Laughlin Pharmacy is having new equipment installed during January and is changing its procedures for filling prescriptions.

This new equipment, called Pharmassist, will help reduce the potential for medication errors.

During the time the equipment is being installed and tested, the pharmacy will have some delays in its prescription operations. Capt. Jolene

Norris, 47th Medical Group pharmacist, said these delays will help ensure patients receive the correct medication and allow the staff to hand-count medications into bottles for dispensing.

Captain Norris and the pharmacy staff will change procedures slightly. Patients who telephone in their refill requests between 9 a.m. and 6 p.m. will still be able to pick up their refills the next duty day. Patients who telephone in refills after 6 p.m. or on weekends will be able to pick up their refills in two duty days. Patients calling after 6 p.m. Fridays will be able to retrieve

their refills on Tuesday.

Patients who have new prescriptions from providers must check in at the pharmacy window in order to have the prescription processed. This check-in process reduces the number of prescriptions that are filled and never retrieved.

“The Pharmassist workflow system will require some adjustment in daily pharmacy operations,” said Captain Norris. “We apologize for any delays our patients may experience while the new equipment is installed, tested and operated the first few days.”

Please recycle this newspaper

**Anthrax**, from page 1

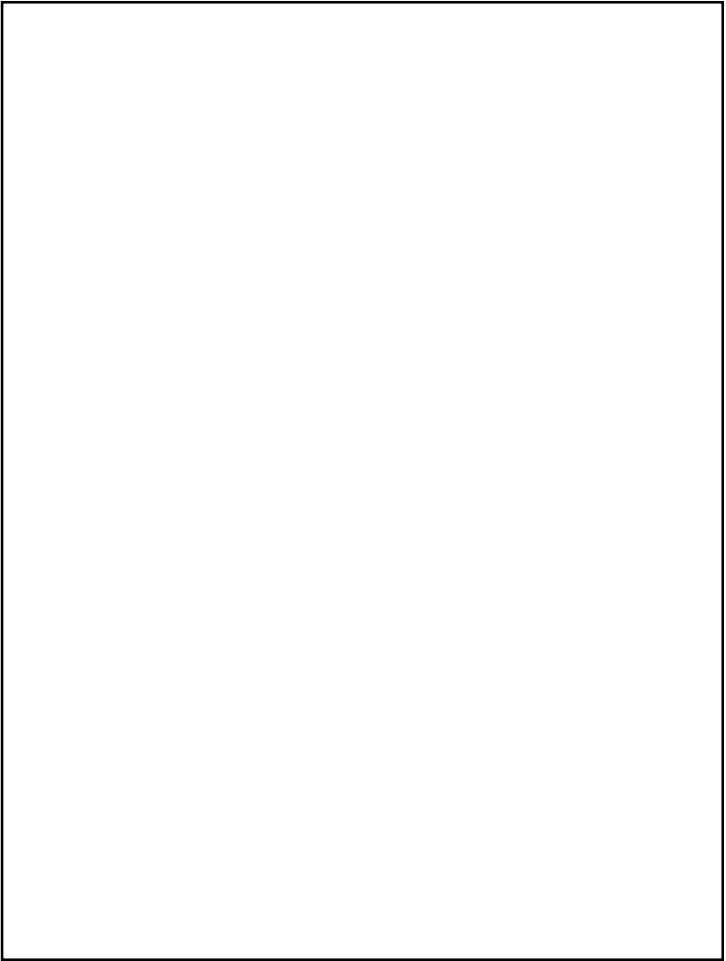
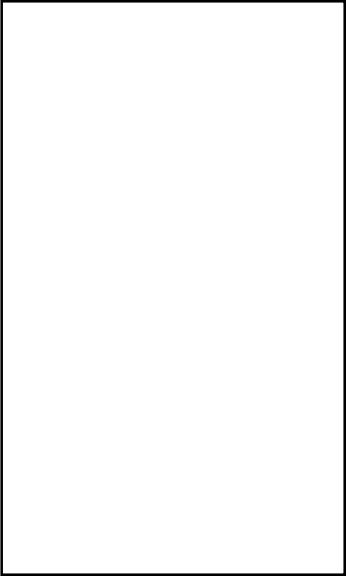
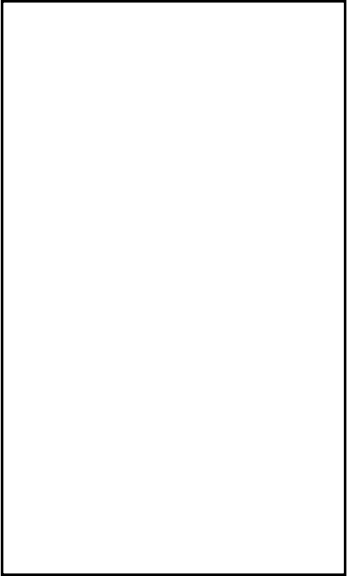
The department’s anthrax vaccine immunization program had been suspended since Dec. 23 after an injunction granted the previous day by the U.S. District Court for the District of Columbia ordered DoD to suspend the program.

The department “remains convinced that the AVIP complies with all legal requirements, and there is now no judicial restraint” on administration of the

vaccine, Dr. Chu wrote.

Defense Secretary Donald H. Rumsfeld and Joint Chiefs of Staff Chairman Air Force Gen. Richard B. Myers maintain the anthrax vaccine is a safe and necessary prophylactic for U.S. servicemembers deployed in the war against terrorism where enemies may employ biological, chemical or nuclear weapons of mass destruction.

Both Secretary Rumsfeld and General Myers have received anthrax shots.



Chapel  
information



Catholic

- Monday - Friday
- Mass, 12:05 p.m.
- Saturday
- Mass, 5 p.m., Reconciliation,  
4:15 p.m. or by appointment
- Sunday
- Mass, 9:30 a.m., Religious  
Education, 11 a.m.
- Thursday
- Choir: 6 p.m., Rite of Christian  
Initiation, 7:30 p.m.

Protestant

- Wednesday
- Choir, 7 p.m.; Protestant  
Women of the Chapel, 11:30 a.m.
- Sunday
- General worship, 11 a.m.,  
Contemporary worship, 9 a.m. in  
the base theater

Chaplain Staff

- Wing chaplain:
- Chap. (Lt. Col.) Joseph Lim,  
Roman Catholic
- Senior Protestant:
- Chap. (Capt.) Terri Gast,  
Presbyterian Church, USA
- Protestant:
- Chap. (Capt.) Alex Jack,  
Independent Christian Church
- Protestant:
- Chap. (1st Lt.) Kenneth Fisher,  
Evangelical Church Alliance

For more information on other denominations, chapel  
events or services, call 298-5111.

Please recycle this newspaper

# Air Force committing 2,000 airmen to war

By Staff Sgt. C. Todd Lopez  
*Air Force Print News*

WASHINGTON – Airmen vulnerable to deploy as part of the Silver Air and Space Expeditionary Force but not originally asked to go, could end up going after all.

In a message sent to the major commands in late December, Air Force Chief of Staff Gen. John P. Jumper said continuing efforts in the war on terrorism have created a need for additional support in some areas. The Air Force, he said, would be providing some of the support to fill that need.

“Ongoing warfighter requirements compel the Air Force to continue surge operations in some functional areas ... to ensure national military objectives are met,” General Jumper said. “The secretary of defense has tasked us to find innovative solutions to this national challenge. Major commands and wings are encouraged to dig deep into their resources and develop risk mitigation plans to make these

forces available.” One of the possible solutions involves the use of “joint-sourcing” to fill needed positions. That means all the services will work together to meet the requirements. The effort will touch many across the Air Force, said Col. Michael Scott, chief of War Plans Organization.

“This of course affects the entire Air Force to a certain degree, but more so in the agile combat support arena,” Colonel Scott said. “By that I mean our engineers, firefighters, air traffic control, security forces, medical, communications and transportation folks.”

Nearly 2,000 airmen in those support areas will be called upon to help the Air Force meet the joint-sourcing challenge, the colonel said.

Most of the 2,000 airmen will come out of already scheduled AEFs and should already know they are in or approaching their deployment eligibility window, said Col. Buck Jones, deputy director for air and space expeditionary force matters.

“Once you get down to the individual level, they may not know they are going to fill one of these requirements, but they do know they are part of the Silver AEF and are still susceptible. They may also come from AEF 7/8 or AEF 9/10,” Colonel Jones said.

Many troops could expect to be deployed for about 90 days, but some, in stressed fields, could expect a 179-day rotation, Colonel Jones said.

Despite the continued surge in operations, Colonel Jones said most of the Air Force could expect a return to the AEF battle rhythm by March.

“We still will deploy AEF 7/8 very close to on schedule,” Colonel Jones said. “The vast majority of the Air Force is returning to the AEF battle rhythm starting with AEF 7/8 in March.”

The Air Force battle rhythm refers to the scheduled rotation of the 10 AEFs over the course of a 15-month cycle. The AEF schedule is projected out until 2010 and is designed to provide stability and predictability to airmen supporting Air Force commitments worldwide.

While there may be a predicted return to the AEF battle rhythm, Colonel Jones said things may never be the same as they were before operations Iraqi Freedom and Enduring Freedom.

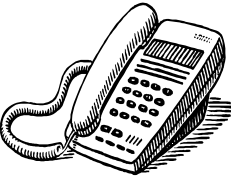
“Since the AEF was first established, world events have not stayed static,” Colonel Jones said. “I’m not sure anybody envisions us returning to an old steady-state Operation Northern Watch/Operation Southern Watch type of situation around the world. The requirements are going to be fluid and dynamic.”

Fortunately the Air Force has a tool for handling unpredictable requirements – the AEF, Colonel Jones said.

“Over the next few months, the Air Force will deliver on its promise to help meet the joint-sourcing requirements for operations in Southwest Asia,” Colonel Jones said. “It is the AEF, doing what it is designed to do, that makes that possible. Once again, the AEF is demonstrating its inherent ability to flex and to adapt.”

Need the latest Laughlin information?

Call Laughlin's Information Line at 298-5201.





**Water world...**

An airman removes items from a flooded tent in Kirkuk Air Base, Iraq, Tuesday. The base was hit by nearly 2 inches of rain overnight leaving many areas of the base, including tents for airmen and soldiers, deluged by water.

Photo by Senior Master Sgt. Gene LaDoucer





# Base receives automated external defibrillators

## Medical devices could save lives

By Airman 1st Class  
Timothy J. Stein  
Editor

Ten automated external defibrillators have been distributed to various locations around base with two more still scheduled to be deployed as part of the Department of Defense's Public Access Defibrillation Program.

Defibrillators are medical devices used on patients who have gone into witnessed cardiac arrest.

Should someone go into cardiac arrest, AEDs allow life-saving treatment to be administered as quickly as possible, said Tech. Sgt. Jason Hamelback, 47th Medical Group NCO in charge of medical readiness.

Most often cardiac arrest is due to chaotic beating of the heart, which can be restored to a normal rhythm if treated early with electric shock. The defibrillator sends the shock to the heart.

"The primary issues with defibrillation is you need to do it as soon as witnessed cardiac arrest happens," said Sergeant Hamelback. "If we can reach the patient in the first three to five minutes there is a 90 percent chance he will survive. With a defibrillator close by, the patient can receive help long before someone from the medical group or Val Verde arrives."

The survival rate after five

minutes of being in cardiac arrest without defibrillation drops dramatically, said Sergeant Hamelback.

According to the U.S. Department of Labor, with each minute of delay in defibrillation, nearly 10 percent fewer people survive. The survival rates for out-of-hospital cardiac arrests where no defibrillation occurs are only one to five percent.

Two people at each location have been trained to use the defibrillators. The training consisted of learning how to use the machine and how to perform cardiopulmonary resuscitation. CPR was important to learn so the trainee could tell whether there was cause to use the defibrillator or not, said Sergeant Hamelback.

"The training lasts two to four hours," said Sergeant Hamelback. "The machine itself is very easy to learn. Once it has been determined the person is in cardiac arrest the machine pretty much tells you what to do."

Sergeant Hamelback said the CPR training is the most important part of the training. Should the defibrillator not work for any reason, the trained person must be able to administer aid through CPR.

The defibrillators were deployed to locations around the base where they could do the most good, such as the commissary and base exchange, said Sergeant Hamelback.

They put the defibrillators in high population areas, where there are a lot of people going in and out, said Sergeant Hamelback.



Photo by Airman 1st Class Timothy J. Stein

Automated external defibrillators like this one have been deployed to 10 of 12 selected locations around base so far.

Sergeant Hamelback said they also looked to put defibrillators where the population of people more likely to have heart attacks goes.

The medical group started training and handing out defibrillators three months ago, and so far 10 of 12 locations have the AEDs and the people trained to use them.

Sergeant Hamelback said the two remaining locations, Club XL and Southwinds Marina, will receive the AEDs once people are trained.

Defibrillator locations

- Base exchange
- Commissary
- Anderson Hall
- XL Fitness Center
- Security forces squadron
- Military personnel flight
- Lodging
- 47th Mission Support Group HQ
- Leaning Pines Golf Course
- Building 211



# Food and Drug Administration issues ephedra alert

By G.W. Pomeroy  
Air Force Surgeon General  
Public Affairs

WASHINGTON – Following an Food and Drug Administration alert, Air Force Medical Service officials are once again “strongly advising” airmen to contact their physicians or health-care providers before taking dietary supplements containing ma huang, ephedra or ephedra alkaloids.

Food and Drug Administration officials have issued a consumer alert on the safety of dietary supplements containing ephedra that calls for consumers to immediately stop buying and using ephedra products.

Besides issuing an alert, FDA officials are notifying manufacturers that they intend to publish a final rule stat-

ing dietary supplements containing ephedrine alkaloids present an unreasonable risk of illness or injury. The rule would have the effect of banning the sale of these products as soon as it becomes effective, 60 days after publication.

“FDA will publish a final rule as soon as possible that will formalize its conclusions that dietary supplements containing ephedrine alkaloids present unreasonable risks to those who take them for any reason,” said Tommy G. Thompson, health and human services secretary.

“[The action] puts companies on notice of our intentions, and it tells consumers that the time to stop using ephedra products is now,” Mr. Thompson said.

“We are taking action today to no-

tify Americans about the unreasonable risk of ephedra as currently marketed in dietary supplements,” said Dr. Mark B. McClellan, FDA commissioner. “Our action is based on diligent and thorough work by the agency as required by the challenging legal standard in the dietary supplement law.

“We worked hard to obtain and review all the available evidence about the risks and benefits of ephedra, including its pharmacology, studies of ephedra’s safety and effectiveness, adverse event reports, and reviews by independent experts,” Dr. McClellan said.

In February, a jury in Austin determined that ephedra use was at least 50-percent to blame for the death of a 24-year-old Charles Bryant Scurlock II, of Round Rock. Mr. Scurlock col-

lapsed and later died after a two-mile run for an Army National Guard physical fitness test in 1999. The jury awarded \$1 million to the plaintiffs.

In September 2002, the Air Force surgeon general issued a revised policy covering dietary supplements containing ephedra that strongly discouraged the use of such supplements and highlighted associated risk factors.

In November 2002, the Air Force’s surgeon general issued a notice to airmen on the potential risks associated with dietary supplements containing ephedra, following the death of a young airman. These medical notices are released by the AFMS clinical quality management division to disseminate lessons learned from medical incident investigations and other pertinent events.

## The *XLer*

Staff Sgt. Alicia Simmons  
47th Medical Support Squadron

**Hometown:** Walterboro, S.C.  
**Family:** One sister and three brothers  
**Time at Laughlin:** One year, seven months  
**Time in service:** Four years  
**Greatest accomplishment:** Accepting things I can’t change day after day  
**Hobbies:** Shopping and reading  
**Bad habit:** Procrastinating  
**Favorite movie:** “The Color Purple”  
**Favorite musician:** Trina  
**If you could spend one hour with any person, who would it be?** My grandmother because I never got the chance to meet her.



Photo by Airman 1st Class Timothy J. Stein



Photo by Senior Airman James Dillard

## Sign my shorts...

Senior Airman Jason Shaler gets a pair of his shorts signed by comedian Tom Green during a visit at a forward-deployed location Jan. 13. Mr. Green is traveling to several bases in Southwest Asia as part of a United Service Organizations-sponsored tour. Airman Shaler is assigned to the 386th Expeditionary Security Forces Squadron.

# CCS crushes MSS/Wing, 62-25

By Airman 1st Class  
Timothy J. Stein  
*Editor*

The combined team of the 47th Contracting Squadron and the 47th Communications Squadron defeated the combined team of the 47th Mission Support Squadron and the 47th Flying Training Wing staff agencies, 62-25, in an intramural basketball game Wednesday night at the fitness center.

It was a total team effort from CCS, which had several players in double digits.

MSS/Wing got on the scoreboard first with a foul shot by Sean Neal. It would be the only time MSS/Wing would have the lead the entire game. CCS returned fire by working the ball in to their big man at center, Eric Johnston, to take over the lead. From there it was off to the races as CCS quickly went up 10-3.

MSS/Wing tried to mount an offense but kept turning the ball over on bad passes and missed shots. CCS, on the other hand, capitalized on many of their opportunities. They scored from all over the court. Michael Nadzieja hit several outside shots, including a three pointer, and Blake Ennis scored four quick points off of fast breaks. By halftime CCS had a 29-10 lead.

The second half didn't go any better for MSS/Wing. While they got some inspired play by Neal, they couldn't close the ever-widening gap. The closest they would come was 16 before CCS exploded with 19 unanswered points. Juan Cervantes would lead the charge by hitting two outside shots in a row.

Both teams spent the last 10 minutes of the second half trying to score as quickly as they could. They abandoned their offenses and played a kind of run-and-gun style. Fouls were be-

ing called left and right and players were falling all over the place.

One play in particular had both benches and the crowd rolling over in laughter. While playing defense, MSS/Wing forward David Duran tried to stop a driving CCS player. He tripped on his own feet and slid headfirst for seven feet before coming to a rest. It got the biggest reaction from the crowd the entire game.

The rest of the game was more of the same and when the final whistle blew the score was CCS, 62, and MSS/Wing, 25.

The win brings CCS's record to 2-0 while the loss drops MSS/Wing to 1-2.

After almost the first week of intramural basketball, the Western Conference still has two unbeaten teams, CCS and the 47th Civil Engineer Squadron's Team A.

No team in the Eastern Conference played this week due to night flying.

## Basketball standings

(As of Thursday)

### Eastern Conference

Team	W-L
OSS A	0-0
OSS B	0-0
84/85th	0-0
86th	0-0
87th	0-0
LCSAM	0-0

### Western Conference

Team	W-L
CES A	3-0
CCS	2-0
SFS	2-1
MSS/WING	1-2
CES B	1-2
MED B	0-1
MED A	0-3